



## Youth Obesity Health Threat Studied by Departments of Health, Education

Working quietly behind the scenes, Casey McIntire, Governor's Council for Physical Fitness and Sports, together with Judy Rose, Community Nutrition Program, is addressing youth obesity in Indiana through participation on the Action for Healthy Kids Initiative. Rose and McIntire have teamed with representatives from the Indiana Department of Education (IDOE), Indiana University, Ball State University, and an array of health and fitness organizations to select and recommend priorities and to propose an implementation plan to halt the increase in numbers of Hoosier youth becoming overweight and/or obese.

According to McIntire, former U.S. Surgeon General David Satcher was instrumental in establishing the Action for Healthy Kids program nationally. McIntire recently traveled to Washington, D.C. to participate in a review of 11 new initiatives at the Healthy Kids Summit comprising representation from all states. The group prioritized three of the initiatives for development of implementation action plans by groups within each state.

The selected initiatives are to:

- Provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain, and enjoy healthy eating habits and a physically active lifestyle.
- Provide food options that are low in fat, calories, and added sugars, such as fruits, vegetables, whole grains, and low-



**STATES HAVE BEGUN ADDRESSING CONCERNS** about the presence of snack and soda machines in schools, and the role the high caloric products dispensed by the machines play in the epidemic of overweight and obese children in the U.S.



**BETWEEN-MEALS FRUIT AND VEGETABLE SNACKS** are consumed by students at one of 25 Indiana schools participating in a pilot study funded by the U.S. Department of Agriculture in an attempt to limit obesity in youth.

fat or nonfat dairy foods.

- Provide daily recess periods for elementary school students, featuring time for unstructured but supervised active play.

Each state group has been charged with developing four to six objectives for each initiative.

Rose and McIntire are also participating with two other ISDH staff members, Molly McGuire, Office of Women's Health, and Andrea Wilkes, Maternal

and Child Health, on a separate coalition to address obesity. This second coalition, the Coordinated School Health Advisory Council (CSHAC), includes representation comprising the Superintendent of Public Instruction, the IDOE, two state representatives and a state senator, the Indiana Tobacco Prevention and Cessation Agency, and representatives from Indiana University, Purdue, and Butler Universities, together with representatives from Indiana public schools, parent organizations, the medical professions, and health advocacy groups.

The Centers for Disease Control and Prevention (CDC) estimates that 21 percent of Hoosiers are obese, compared with 15 percent in 1991, and 60 percent are currently overweight.

In June 2002, Health Commissioner Greg Wilson, M.D. endorsed efforts focused on attempting to get youth to set good eating habits early in life.

"Breaking bad habits is very difficult," Dr. Wilson said. "It is essential that parents get their children started with good eating habits and regular physical activity right from the start."

In a separate study, funded by the U.S. Department of Agriculture, 25 Indiana schools are running pilot programs to determine effective methods to encourage students to consume fresh vegetables and fruit between meals as replacements for traditional calorie-laden snack foods. The participating schools have developed varying approaches to preparing and presenting the fruit and vegetables to encourage consumption. The pilot study evaluation phase will end in February or March 2003, with the distribution phase continuing through the spring semester.

# 2002 in Review: A Year of New and Enhanced Initiatives

Following the events of September 11, the state has faced some new and difficult challenges in the area of public health, including dealing with the threat of bioterrorism.

"The State Department of Health made significant progress in 2002 in its continued efforts to promote and protect the good health of the citizens of Indiana," said State Health Commissioner Greg Wilson. "We will continue our efforts in 2003, especially in tackling the problem of chronic disease in

ments to help improve local mosquito control programs.

## Health and Wellness

- State Health Commissioner Greg Wilson, M.D. conducted a series of Medicine and Public Health Community Forums statewide to address the problem of chronic disease in Indiana.
- The Children and Hoosiers Immunization Registry Program (CHIRP) now contains vaccination information for more than 1.5 million children in Indiana, and 91 Indiana counties are set up to use CHIRP.

and more than 40 public and private organizations, made great strides in cancer control planning.

- The Office of Cultural Diversity and Enrichment, ISDH, provided cultural diversity training to nearly 500 persons in the public health system.
- With the implementation of Tandem Mass Spectrometry, Indiana's Newborn Screening Program will now test for 25 conditions at birth, instead of the previous eight, to help children get the treatment they need as soon as possible.
- The HIV Medical Services Program, State Department of Health, provided comprehensive medical coverage for more than 1,300 Hoosiers with HIV/AIDS.
- In 2002, the State Department of Health's Office of Women's Health screened more than 8,000 women statewide for osteoporosis.
- The State Office of Rural Health successfully secured a nearly 60 percent increase in funding from the Federal Office of Rural Health Policy to support rural health in Indiana.



## Indiana State Department of Health

the state."

Following are some of the Department's accomplishments for 2002:

### Bioterrorism Preparedness

The Indiana State Department of Health (ISDH) received two federal grants totaling \$21.1 million for bioterrorism preparedness, and was in the first group of states to have these grants approved. One grant, for \$2.6 million, is for hospital preparedness and the other, for \$18.5 million, is for public health preparedness, including assessment, surveillance and epidemiology, laboratory capacity, information technology, risk communication, and training. The ISDH has also developed pre-event and post-event smallpox vaccination plans. Finally, the State Department of Health won a national award for its Bioterrorism Web site.

### West Nile virus

The Indiana State Department of Health, in cooperation with local health departments, conducted an intensive public health campaign informing Hoosiers on how they could protect themselves from contracting the West Nile virus. The ISDH performed extensive surveillance throughout the state for West Nile virus, and the State Laboratory tested nearly 8,300 samples for the virus. The ISDH also provided training and grant money to local health depart-

- The Indiana State Department of Health published a minority health report detailing health outcome disparities, which is available on its Web site.
- In an effort to combat obesity in children, the ISDH conducted the first-ever School Physical Activity and Nutrition survey to identify risk behaviors in school-age children.
- The Office of Minority Health, ISDH, launched a campaign to increase diabetes awareness among minority populations, including sponsoring a free conference targeted to minority populations that taught individuals with diabetes how to properly manage the disease.
- In an effort to help prevent serious health complications associated with Type 2 diabetes, like kidney disease and stroke, the Diabetes Control Program at the ISDH developed consensus guidelines for diabetes and provided chronic disease self-management training to minority health coalition coordinators, statewide.
- The ISDH developed a pilot program to transition children from Silvercrest back to their community sooner, using an outreach program.
- The Indiana Cancer Consortium, a statewide network of representatives from the State Department of Health

### Consumer Protection/Service

- The Long-Term Care Division, Indiana State Department of Health, maintained a 100 percent compliance rate for timely annual surveys for the nursing homes, and a 95 percent compliance rate for timely investigations of complaints.
- The ISDH added even more consumer protection information to its Web site, including materials on food recalls, septic systems, rodents, and information that would be of use after a flood.
- The ISDH is working on developing a fully integrated, Web-based, vital records system that would allow health professionals to more easily access vital records, while preserving medical confidentiality.
- The ISDH has made great progress in its efforts to meet or exceed the HIPAA requirements for safeguarding personal health information.



# January Is Cervical Health Awareness Month

January is Cervical Health Awareness Month, a time to remind women that cervical cancer is nearly 100 percent curable if it is caught early.

Even though there are effective ways to prevent and cure cervical cancer, an estimated 300 new cases of cervical cancer will be diagnosed and 120 women will die from this disease this year in Indiana.

Risk factors for cervical cancer include:

- Smoking
- Having had more than one sexual partner
- Being diagnosed with HPV (human papillomavirus)
- Never having a Pap test or not having one in the past five years

## Health educator comments on Cervical Cancer Prevention Effort . . .

"Fortunately, Breast Cancer is now receiving a lot of awareness, but you don't hear nearly as much about cervical cancer. I think it is wonderful to have January classified as Cervical Health Awareness Month because it helps us raise needed awareness about this disease and to let women know that cervical cancer can be prevented and successfully treated if it is found early."



**TANYA HAMMER**

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The ISDH Breast and Cervical Cancer Prevention program promotes pap tests for women aged 50 to 64 years for the early detection of cervical cancer. Above, a picture of healthy women appears in an ISDH Breast and Cervical Cancer program flyer used to alert Indiana women to the availability of free cancer screenings.

Although cervical cancer occurs in women of all racial and ethnic backgrounds, African-American, Vietnamese, and Latino women have higher rates of this disease than white women.

Early detection, with the use of the Pap test, is the key to reducing mortality and late-stage cervical cancer. The Pap test can actually be used to diagnose precancerous cells in the cervix, giving women the opportunity to receive treatment that could prevent them from getting cervical cancer. All women who are over 18 or sexually active should have regular Pap tests performed.

The Indiana State Department of Health Breast and Cervical Cancer Program provides free Pap tests, as well as mammograms, to eligible women across the state throughout the year.

During the month of January, the Breast and Cervical Cancer Program will conduct special activities to increase awareness of cervical cancer and to enroll eligible women for free screenings. Various awareness activities will be held across the state in collaboration with local

minority health coalitions, health clinics, churches, and community centers and will primarily focus on reaching women aged 50-64.

Contact the Indiana Family Helpline at 1-800-433-0746 for more information on the Breast and Cervical Cancer Program, including eligibility guidelines and participating medical providers. Additional information may also be found on the Indiana State Department of Health's Web site, at [www.IN.gov/isdh](http://www.IN.gov/isdh), by clicking on Public Health Programs, then on Breast and Cervical Cancer Program.

## I.U. Master of Public Health Program Is Now Accepting Applications for Fall Term 2003

The Indiana University Department of Public Health is now accepting applications for the Master of Public Health (MPH) Program for fall 2003.

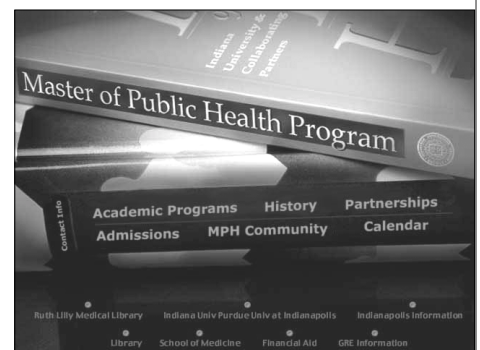
Housed in the I.U. School of Medicine, the Department of Public Health is a collaboration of 15 I.U. Schools, Purdue University, the Indiana State Department of Health, and the Marion County Health Department.

Applicants may select from among the following concentrations to enroll in a part-time three-year program.

- Behavioral Health Science
- Epidemiology (with optional tracks in Environmental Epidemiology and Quantitative Epidemiology)
- Health Policy and Management

To request an application, please contact the school at 317-278-0337 or [pbhealth@iupui.edu](mailto:pbhealth@iupui.edu).

For more information, check the Internet at: [www.pbhealth.iupui.edu](http://www.pbhealth.iupui.edu).



# Signage on County-Wide Bicycle Routes Promotes Fitness and Safety

Casey McIntire, ISDH director of the Governor's Council for Physical Fitness and Sports, thinks LaPorte County models an exemplary promotional effort to encourage physical fitness and bicycle safety. A key element of the effort is the use of signage to focus public attention on the availability of recreational bicycling routes in LaPorte County.

In the county, signage graces intersections where cyclists need to make turns to stay on the color-coded bicycle-riding loops that vary in length from 12.5 to 33 miles.

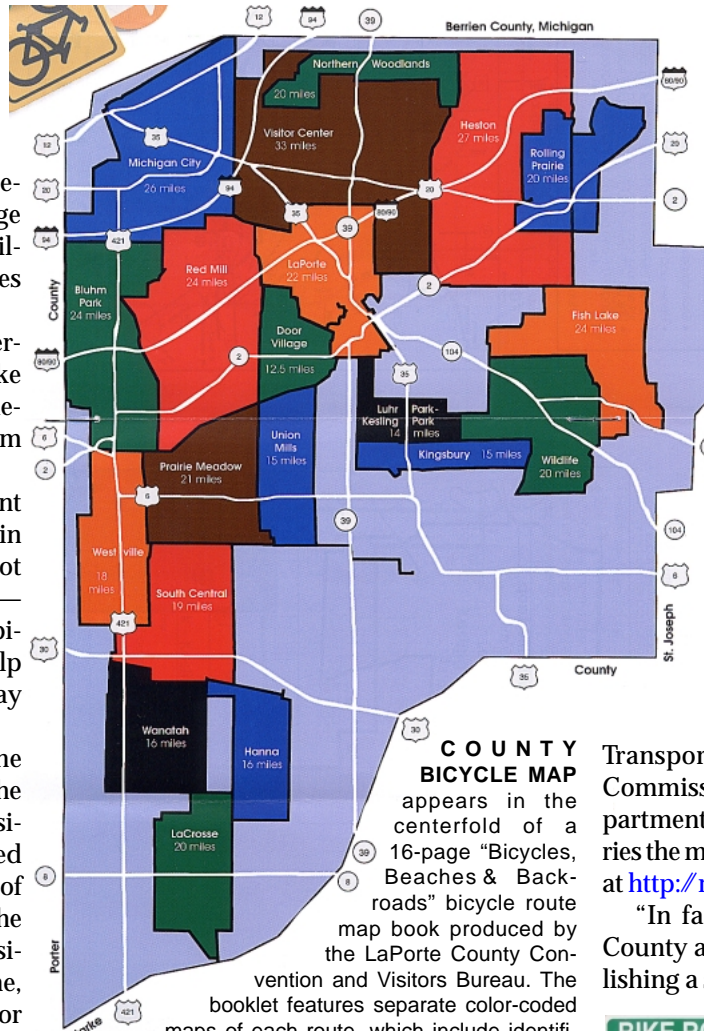
McIntire's enthusiastic endorsement of the county's promotional effort in support of the bicycling routes is not based on secondhand information—he's "been there and done that" by bicycling on several of the routes to help promote an annual senior fitness day there.

The 20 color-coded routes on the map, which has been produced by the LaPorte County Convention and Visitors Bureau, are conveniently located throughout approximately 80 percent of the county. The map and presence of the route markers encourage county residents to find a route near their home, which eliminates the need for a motor trip to start at least one of the rides.

Promoting fitness, however, is not the only function of the color-coded signs whose primary function is to alert cyclists of a route's direction changes.

The colorful signs also serve as an inescapable reminder to motorists of the dual use of the routes, mostly county back roads, where cyclists are likely to be encountered. Separate yellow diamond-shaped bicycle warning signs have also been erected, where roads "T" into the bicycle routes, to alert motorists of the presence of bicyclists. Seeing the signs is a constant reminder that a bicyclist may be around the next curve.

The county-wide use of signage to encourage fitness and safety for bicyclists in LaPorte County is one that Casey McIntire deems worthy of consideration by residents of any Indiana county, especially by officials in search of effective ways to improve health through reducing obesity



**COUNTY BICYCLE MAP** appears in the centerfold of a 16-page "Bicycles, Beaches & Backroads" bicycle route map book produced by the LaPorte County Convention and Visitors Bureau. The booklet features separate color-coded maps of each route, which include identification of all crossroads intersecting the route and a list of noteworthy attractions, like beaches, historic homes and buildings, bridges, farms, lakes, and fishing spots. Color-coded route markers that correspond to the colored maps in the booklet appear on directional signs at key intersections to help bicyclists stay on course.

and overweight that is caused by sedentary habits and lack of exercise.

Bob Lamb, a retired volunteer and bicyclist, says the success of the project is due to broad-based support that included the LaPorte County Extension Director, who called for the original organizational meeting; the Solid Waste District, which provided 1,350 signs of recycled aluminum; the LaPorte County Convention and Visitors Bureau, which provided major funding and printed brochures; the LaPorte County Highway Department; the Indiana Department of

Transportation; the LaPorte County Commissioners; and three parks departments. Lamb's own Web site carries the maps and brochure information at <http://members.csnet.net/lambc/>.

"In fairness," Lamb said, "Porter County also deserves credit for establishing a similar but earlier project."



**ROUTE SIGNAGE**, positioned at key intersections, helps bicyclists stay on color-keyed loops and alerts motorists to the presence of bicyclists.

## Have You Heard?



**Sound MEDICINE**

On a recent program, the need for gender differentiated medical care was discussed on *Sound Medicine* together with separate comments on the disease prevention properties of garlic and tomatoes in the diet.

*Sound Medicine*, an I.U. School of Medicine consumer-oriented health-information program, is broadcast on Saturdays at noon on WFYI 90.1 FM, Indianapolis.



**Express**

The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. To submit news items, call (317) 233-7336 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 2E, Indianapolis, IN 46204-3003. Inquiries should be directed to:

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## Kosciusko Health Department Clinic Helps Pregnant Women Prepare for Healthy Babies



**EARLY START PRENATAL CLINIC** staff are pictured in the left photo. They are Sandy Vogel, care coordinator (seated); and (l. to r.) Diana Sanders who is a graduate nurse midwife and Master of Science in Nursing; Kasi Carlin, data specialist; and Amber Gelbaugh, secretary. Cristi Antu, clinic community health worker, is not shown. Nurse Sanders (center photo) examines a patient. The building (right photo), near the county hospital, houses the clinic.

Sandy Vogel is the Kosciusko County clinic's social worker and the person who coordinates face-to-face services for pregnant women who come to the county's Maternal and Child Health Care Coordination program in Warsaw. She helped 235 women last year at the program's Early Start Prenatal Clinic. The clinic is operated under the supervision of the Kosciusko County Health Department.

Vogel says she gets the most satisfaction from her job when an elated new mother comes in to visit and show off her healthy new baby in the days and weeks following delivery. Seeing those babies and visiting with the mothers (who often thank her for her assistance) provide the evidence that her work is worthwhile, Vogel says.

Months before, Vogel helped these women get started on their way to receiving prenatal medical and nutritional services. Since 1997, when the Early Start clinic opened, the average annual number of pregnant women seeking services has increased from 113 (between 1991 and 1996) to 170 (between 1998 and 2001). Although the clinic provides prenatal services to an estimated 14 percent of the county's new mothers, the rate of pregnant women in the county who receive services in their first trimester has risen to 80 percent and 78 percent, respectively, for 1999 and 2000. These are the two highest annual totals since data was recorded in 1991. The 2000 rates for infant mortality (4.1) and very low-birth-weight (0.5) babies both were re-

corded as the county's lowest figures for the decade 1991-2000.

Vogel said, "Clients are referred to the Early Start Prenatal Clinic by WIC, the local office of the state's Division of Family and Children (the previous Welfare Department), Planned Parenthood, Heartline pregnancy center, and private physicians."

She sets up most of her appointments in advance by telephone, but doesn't turn away an occasional walk-in client. Most of the clinic's clients have low family incomes and are Medicaid eligible.

Gershon Gamor, Maternal and Child Health (MCH), is the MCH systems development consultant at the Indiana State Department of Health (ISDH) who oversees the program Vogel serves.

Gamor is impressed by the impact he believes the program has made in helping keep Kosciusko County's rate of low-birth-weight babies and the infant mortality rate below the state average.

Gamor is one of seven ISDH Maternal and Child Health staff working to assure success of Indiana's prenatal clinics. He oversees activities in 30 counties.

The 2000 U.S. Census shows the percentages of Blacks, Native American Indians, and Asians, each compose less than one percent of the Kosciusko County population. Persons of Hispanic origin account for close to 5 percent, and non-Hispanic whites, 93 percent.

Because the total numbers in Kosciusko County's minority racial and cultural populations are so small, the percentages

of clients served from within a minority group can vary greatly from year to year, with changes in the number of clients served. In 2001, percentages of Blacks (1.2 percent) and Hispanics (23 percent) were served in disproportionately higher numbers than their occurrence in the county's population.

Transportation can be a barrier for clients in counties like Kosciusko County, where public transit is limited or nonexistent. Vogel says that rural clients have the most difficulty reaching the health department's Warsaw Early Start Prenatal Clinic. A city bus helps Warsaw residents reach Vogel's office. She says that, occasionally, she will provide transportation to help clients without transportation to keep an office appointment.

Vogel says that she thinks word-of-mouth advertising accounts for the clinic's success.

She says that the Early Start Prenatal Clinic's records show that the number of women receiving services during their first trimester has grown steadily from 40 percent in 1998 to 57 percent in 2001—a 43 percent rate increase.

The program is supervised by Kosciusko County Health Department Administrator, Robert Weaver, who keeps track of the program's \$50,000 budget. Weaver says the program is partially supported by an ISDH Title V Maternal and Child Health grant of \$14,000 in federal pass-through funding.

# National Public Health Collaborative Offers Help to Reach 2010 Healthy People Goals

A collaborative of national public health organizations has established a Web site offering a broad array of information resources and guidance to help local partners achieve Healthy People 2010 objectives.

The site's purpose is "to provide public health professionals with timely, convenient access to information resources to help them improve the health of the American public."

It is the hope of Kathy Weaver, ISDH Office of Policy, that the Web site will be useful to local health departments and their partners as they work toward implementing 2010 Healthy People program goals.

Organizations sponsoring the Web site located at the National Institutes of Health include the American Public Health Association, the Association of State and Territorial Health Organizations (ASTHO), the Centers for Disease Control and Prevention (CDC), the Association of Schools of Public Health, the National Library of Medicine (NLM), the National Network of Libraries of Medicine (NN/LM), the Public Health Foundation, the Society for Public Health Education, and the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA).

Each of the following bullet points is linked to expanded information resources located at the collaborative's Web site:

## Tools for Public Health Professionals

- **AIDS-focused training materials** (see site)
- **Children's Environmental Health information resources** (see site)
- **Resources of special interest**
  - CDC WONDER
  - Children's Health Insurance Program Publications - National Academy for State Health Policy Directory of Health and Human Services Data Resources (1999 Edition) Compilation of information about major data collection systems sponsored by the U.S. Department of Health and Human Services

- HealthWeb / Public Health
- BioSites / Public Health
- Health Education Resource Exchange (H.E.R.E. in Washington)
- NLM Databases including MEDLINE State and Territorial Health Agencies on the Web - ASTHO Electronic Pocket Guide to Cases of Medicine & Public Health Collaboration Healthy People 2010: Field Guide to Health Planning - Public Health Foundation Northwest Center for Public Health Practice Opening Your Health Department to the World: A Website Primer - CDC/PHPPPO/INPHO
- Public Health Functions Project
- Public Health Knowledge
- Disaster/Humanitarian Assistance
- World Health News
- Native Health Research Database Partnerships for Health in the New Millennium Conference - January 24-28, 2000
- Consult the Toxicology and Environmental Health Information Program for information on toxicology, hazardous chemicals, toxicological effects of drugs, etc.
- Community Health Status Indicators Project
- **Education and Training**
  - Thinking the Unthinkable - Biochemical Terrorism and Disasters: Information Resources for Medical Librarians - CE Course
  - The Data Skills Online Toolbox is now available from the University of North Carolina (Chapel Hill). It includes self-instructional, web-based analytic and technical tools designed to train state and local public health professionals.
  - Informatics Training Curriculum for Public Health Advisors - Patrick O'Carroll, MD, MPH
  - NN/LM Internet Information Center
  - NN/LM Using Loansome Doc Tutorial
  - Public Health Training Network
  - Public Health Training Bibliography - Compiled by the Training

## Subcommittee

- Public Health Training Responses
  - Compiled by the Training Subcommittee
- Implementing Effective Programs and Understanding Their Impacts
  - Children's Health Insurance Program (CHIP)
- Public Health Grand Rounds
- Public Health Foundation Training Finder
- Finding and Using Health Statistics: A Self-Study Course is now available. This class presents sources of statistics based on four broad areas: health correlates, health conditions, health care, and health consequences.
- **Grants and grant writing** (see site for this item and all bulleted items below for greatly expanded lists of entries)
- **For librarians and information specialists**
- **Needs assessment**

## About Partners in Information Access

- **Partners project background information**
- **Calendar of events**
- **NLM public health grants**
- **NN/LM public health projects**
- **Participating members**
- **Project committee members**

The Web site is located at <http://nnlm.gov/partners/>



Indiana State Department of Health **NewsLink**

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